

## Diet for Stomach Ulcers and Gastritis

### WHAT YOU NEED TO KNOW:

**What is a diet for stomach ulcers and gastritis?** A diet for ulcers and gastritis is a meal plan that limits foods that irritate your stomach. Certain foods may worsen symptoms such as stomach pain, bloating, heartburn, or indigestion.

**Which foods should I limit or avoid?** You may need to avoid acidic, spicy, or high-fat foods. Not all foods affect everyone the same way. You will need to learn which foods worsen your symptoms and limit those foods. The following are some foods that may worsen ulcer or gastritis symptoms:

- **Beverages:**

- Whole milk and chocolate milk
- Hot cocoa and cola
- Any beverage with caffeine
- Regular and decaffeinated coffee
- Peppermint and spearmint tea
- Green and black tea, with or without caffeine
- Orange and grapefruit juices
- Drinks that contain alcohol

- **Spices and seasonings:**

- Black and red pepper
- Chili powder
- Mustard seed and nutmeg

- **Other foods:**

- Dairy foods made from whole milk or cream
- Chocolate
- Spicy or strongly flavored cheeses, such as jalapeno or black pepper
- Highly seasoned, high-fat meats, such as sausage, salami, bacon, ham, and cold cuts
- Hot chiles and peppers
- Tomato products, such as tomato paste, tomato sauce, or tomato juice

**Which foods can I eat and drink?** Eat a variety of healthy foods from all the food groups. Eat fruits, vegetables, whole grains, and fat-free or low-fat dairy foods. Whole grains include whole-wheat breads, cereals, pasta, and brown rice. Choose lean meats, poultry (chicken and turkey), fish, beans, eggs, and nuts. A healthy meal plan is low in unhealthy fats, salt, and added sugar. Healthy fats include olive oil and canola oil. Ask your dietitian for more information about a healthy meal plan.

### What other guidelines may be helpful?

- **Do not eat right before bedtime.** Stop eating at least 2 hours before bedtime.

- **Eat small, frequent meals.** Your stomach may tolerate small, frequent meals better than large meals.

**CARE AGREEMENT:**

You have the right to help plan your care. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment. The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.

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